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DEEP BREATH: TACKLING LULULEMON'S BAD KARMA

THE YOGA-INSPIRED ATHLETIC APPAREL COMPANY GOES THROUGH SOME SOUL SEARCHING [PAGE 11](#)



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HIGH HOPES FOR BIRD RESCUE

Anna Lawrence, executive director and founder of Birdline animal rescue, is seen here with Lope, a 70-year-old Red-lored Amazon who survived a house fire that killed 27 fellow birds, devastating staff and supporters of the non-profit organization. Lope remains in an oxygen chamber, but appears to be on the mend. Birdline representatives are now planning a memorial for those lost in the blaze and have eyes on opening a standalone centre in the future. For more, turn to page 4. JEREMY NOLAIS/METRO

Car salesman 'paid dearly' prior to police shooting

Investigation. Man gunned down by police was trying to dump a body, cop watchdog finds

Gregarious southern Alberta businessman Chester Hunchak was mourned Monday as new details emerged in a dramatic police standoff linked to his death.

The province's cop watchdog confirmed the man gunned down by a city officer over the weekend was spotted trying to dump a dead body on a rural home outside Medicine Hat.

It's now believed Hunchak, a well-known car salesman reported missing, had a connection to that property.

An outpouring of support followed reports the longtime

community fixture was dead.

"People referred to him as the Ralph Klein of Medicine Hat," said Jim Huculak, a former colleague. "The way he thought it was the way he said it."

Hunchak had retired from the car-dealing business "about two years ago," he told Metro, and it's believed he was trying to sell his personal Escalade when violence erupted.

"Somebody wanted to take it for a test-drive," Huculak said. "He paid dearly for it, I guess."

The Alberta Serious Incident Response Team (ASIRT) reports a city service officer was investigating a missing person report about 2:30 p.m. on March 22 when he was confronted by a gun-wielding suspect.

The officer purportedly fled and called for back-up.

"A short time later the male was seen removing a body

from an area at the rear of the residence," ASIRT officials said in a news release. "The male then entered a vehicle with a firearm and drove towards the police."

That's when a local officer — aware of the background details — fired a single shot that killed the suspect, according to the ASIRT update.

Medicine Hat police Chief Andy McGrogan could not confirm the identity of either civilian casualty in the case. He did, however, confirm the search for Hunchak had been called off and that the businessman was not shot by police.

In an interview, McGrogan was keen to defend his officers' action, saying he's been told they acted appropriately.

"If you read that release, I think it paints a pretty strong picture of what they were facing out there," McGrogan said.

BRYAN WEISMILLER/METRO

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Commercial pot grow reps unfazed by injunction

Keen to make green.
Alberta entrepreneurs say their product will be higher quality

New hope has blossomed for home marijuana growers after a federal judge's ruling, but Alberta entrepreneurs believe there will still be a budding commercial market for the drug regardless of the court's ultimate verdict.

A group of medicinal marijuana patients were granted an injunction Friday that will allow them to continue growing plants in their abodes pending the outcome of a constitutional challenge of federal reforms set to take effect April 1.

The law changes, being steered by Health Canada, would see all marijuana supply for licensed users turned over to commercial enterprises, like the ones Terry Booth and his peers with Releaf Inc. are busy setting up.

Booth said in an interview Monday a 50,000-square-foot grow site north of Cremona is 50 per cent built and could be open for business as early as this summer.

Booth conceded that if current home growers were ultimately granted permission to continue producing marijuana for themselves and fellow users — as they do now — it could cut into his customer pool. He maintained, however, the commercial market will be subject to far stricter quality testing.

"Everyone has the right to be heard in this country — thank God," Booth said of the constitutional challenge. "I think a number of licensed producers that are available right now don't have the product or the number of strains available," he said.

"But, in six months from now, when there are a number of producers up and running and a number of strains available, I think it will be better than growing your own."



This site is one of two west of Airdrie where Stan Swiatek hopes to produce pot commercially. COURTESY STAN SWIASTEK

There are currently about 40,000 licensed marijuana users in Canada, up from 100 or less in 2001. Health Canada has projected that number could grow to 400,000 over time, a number that has lit the fire under some entrepreneurs

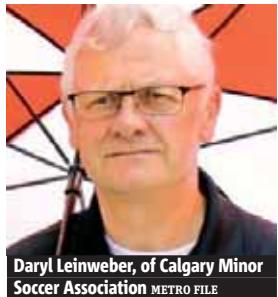
to get into the marketplace early.

Others, like Stan Swiatek with Sundial Growers, believes the quality of research into the effects of the drug will flourish in a system where organizations like his can readily

produce a substantial supply. Swiatek hopes to run two commercial grows on plots of land west of Airdrie, but says he's run into opposition from some neighbours and officials with Rocky View County.

JEREMY NOLAIS/METRO

Deal inked to keep Soccer Centre open



Daryl Leinweber, of Calgary Minor Soccer Association METRO FILE

Amateur footballers will have access to much-needed fields in the city's far-flung northwest for at least the next five years after the city re-upped its lease deal at the Calgary West Soccer Centre.

Daryl Leinweber, head of Calgary Minor Soccer Association, noted the four-field facility was built a decade ago to meet the "huge demand" for playing spaces.

"It's huge for indoor soccer

and the user groups there," Leinweber said. "We're short of facilities presently, and we would've lost four-tenths of the indoor fields in Calgary."

The current lease was set to expire on May 1.

The temporary site, on Bearspaw Dam Road NW, is slated to give way to another city-run project in the future.

However, it's unclear whether another extension will be signed to keep the recrea-

Happy birthday

Calgarians are invited to attend the Calgary West Soccer Centre's 10th birthday on May 3, when sports groups will also celebrate a \$500,000 grant to fix up the facility.

tional facility open when the new deal expires.

City superintendent of Sport Development Greg Dycke acknowledged there's "tons of options" for what happens next, including moving operations to the Rocky Ridge recreation centre, once that long-anticipated facility likely opens in 2017.

However, Dycke added, there's no cash set aside or firm plans for that yet.

"This phase doesn't have any soccer (as) a part of it," he said. BRYAN WEISMILLER/METRO

1
NEWS

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Honouring birds lost in fire

Fire fallout. Birdline Parrot Rescue Canada plans to fundraise for permanent home, fielding donations from abroad



JEREMY NOLAIS

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Anna Lawrence was shopping for a van big enough to transport birdcages when she got the call.

The stove in her Calgary home had caught fire. Her sons, both asleep downstairs at the time, managed to get out safely, but the same couldn't be said for 27 of the 33 birds she was attempting to find new homes for through the organization she founded, Birdline Parrot Rescue Canada Ltd.

"Everything that we do in our life revolves around birds ... we got home and there was just ... a lot of it is a fog for me — it was just chaos," Lawrence said Monday. "I knew, literally,

Homeless birds

27

Birdline is taking possession of a group of cockatoos soon and still has 27 other birds it is working to find homes for. All of those are on top of the six survivors of the March 15 fire volunteers are still nursing back to health.

within three minutes of the fire starting they would have been gone. Carbon monoxide would have first put them to sleep and the smoke would have killed them really quick."

Two birds that were being kept in the area where the fire broke out March 15 managed to survive, but face lingering health effects. Lope, a 70-year-old red-lobed Amazon parrot, remained in an oxygen chamber Monday, but appears to be showing signs of regaining strength. Mantra, an Eleonora cockatoo, was also in close proximity to the fire and continues to deal with lung-related ailments, but appeared full of energy Monday.

"Are we out of the woods

yet? We've probably got another week," Lawrence said. "The other four survivors are still on medication but doing well."

Now, Birdline volunteers and Lawrence hope to fundraise for a permanent shelter, one complete with a sprinkler system and other safety measures should a fire ever break out again. They are also planning an open house and memorial at the Tuxedo Community Hall, located at 202-29th Ave. NE, on April 6 to pay tribute to the 27 birds killed in the fire.

"The memorial is twofold," explained Robin Horemans, a behaviour specialist with the organization. "It's to honour those we lost and it's also a huge thank-you to Calgary and the outpouring of emotion throughout the world."

Final costs were still being tallied for a permanent shelter for Birdline. The group has already raised \$8,000 since the fire and has fielded donations from as far away as Holland and Korea. For more information, head to birdline.ca or email robin@parrotbehaviour.ca.



Anna Lawrence, executive director and founder of Birdline Parrot Rescue Canada Ltd., is seen with Mantra, an Eleonora cockatoo that is still coping with the after-effects of a fire that claimed the lives of 27 birds on March 15. All of the animals had been cared for in Lawrence's home, which served as a temporary shelter for displaced birds being cared for by Birdline. JEREMY NOLAIS/METRO

Calgarians with hearing or speech impairments can now text-to-911



Text-to-911 is not yet available for use by the general public, but there are plans afoot to introduce that in the medium- to long-term. METRO FILE

Calgary launched its text-to-911 service Monday for people with hearing and speech impairments.

As Metro first reported last week, Calgary becomes the second community in Canada to offer the service, after Vancouver introduced it on March 18.

Text-to-911 will offer a more modern method of reaching emergency operators, as previously the only

way for people who couldn't communicate over the phone to interact with 911 operators was through the decades-old Teletypewriter (TTY) system.

"We recognize they've relied on the outdated TTY system for far too long and we thank them for their patience as we've worked to roll this out," public safety communications deputy commander, Kay Choi, said in a release.

Mona Hennenfent, executive director of Deaf and Hear Alberta, said about one per cent of the population requires such service, representing more than 10,000 people in Calgary.

"We're really excited about this," she told Metro. "It's essential, and we're really happy to see it finally happen."

More information is available at www.textwith911.ca. ROBSON FLETCHER/METRO

Quoted

"We recognize they've relied on the outdated TTY system for far too long and we thank them for their patience as we've worked to roll this out."

Kay Choi, public safety communications deputy commander

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Little evidence of high cancer rates in oilsands community: Study

A study by the Alberta government says an aboriginal community downstream from the oilsands doesn't have higher overall cancer rates.

The Alberta Health Services survey, which used data from 1992 to 2011, did find the prevalence of two kinds of cancer in Fort Chipewyan was higher than would be expected.

James Talbot, chief medical health officer, says relatively high levels of cervical and bile duct cancer are most likely to be attributable to other factors than environ-

Government survey

The government survey compared the incidence of 81 cases of 18 different types of cancer to the Alberta average.

mental contamination.

"Overall, cancer rates in the region are what would be expected for the rest of Alberta," he said Monday when the survey was released.

Leaders in Fort Chipewyan reacted to the report

with suspicion.

They said a statistical analysis of data that already exists doesn't fulfill their requests for a full-blown health study.

"There's nothing (here) in regards to a comprehensive, independent study that we've been requesting, where government and industry have no participation in it," said Chief Allan Adam of the Athabasca Chipewyan First Nation.

Chief Steve Courtoeil of the Mikisew Cree also dismissed the survey.

THE CANADIAN PRESS

Student finds high radiation levels in seafood

Science project.

Alberta high schooler wants more testing done by Ottawa after analyzing several grocery-store samples



ROBSON FLETCHER

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Alberta high school student Bronwyn Delacruz loves sushi, but she became concerned last summer after learning how little food inspection actually takes place on some of its key ingredients.

The Grade 10 student from Grande Prairie said she was shocked to discover that, in the wake of the 2011 Fukushima nuclear disaster in Japan, the Canadian Food Inspection Agency (CFIA)

stopped testing imported foods for radiation in 2012.

So, she decided to carry out her own tests.

Armed with a \$600 Geiger counter bought by her dad, Delacruz studied a variety of seafoods as part of an award-winning science project that she will take to a national fair next month.

"Some of the kelp that I found was higher than what the International Atomic Energy Agency sets as

radioactive contamination, which is 1,450 counts over a 10-minute period," she said. "Some of my samples came up as 1,700 or 1,800."

Delacruz said the samples that "lit up" the most were products from China that she bought in local grocery stores.

Her results caught the attention of judges at the Peace River Regional Science Fair, who moved her project along to the Canada-Wide Science Fair in Windsor, Ont., in

May.

Delacruz also hopes to catch the attention of lawmakers in Ottawa with a petition urging the federal government to do more radiation testing on food.

The CFIA states online that it "continues to monitor events in Japan" but has no immediate plans to resume regular radiation testing, noting "Japanese controls on the sale of contaminated product remain intact."



Bronwyn Delacruz CONTRIBUTED

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Suspected cellphone deal ends in stabbing

Authorities warned of the perils of online classified ads after it's believed a Calgarian was stabbed in a late-night deal gone wrong.

Police were told a man in his 20s was stabbed in the parking lot of a Shawnessy-area grocery store at about 10:30 p.m. Sunday while attempting to sell a mobile phone.

"The victim is said to have entered the buyer's vehicle when the stabbing occurred," police said in a news release.

Three assailants purportedly fled in the car, leaving the bloodied man in the parking lot.

The victim's girlfriend drove him to the hospital where it's reported he remains in serious, non-life-

threatening condition. Investigators say they've not yet spoken to the victim to corroborate reports.

Details about suspects or a vehicle description have not been released.

Investigators asked anyone with tips to call them at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477. METRO

Pedestrian fatality

Driver charged in fatal collision

Police announced Monday they have charged a Calgary man in relation to a downtown collision that killed a pedestrian last month.

Edwin Yim Chau, 51, faces a charge of failing to yield to a pedestrian in a crosswalk.

Shelly Pauletto, 39, died in hospital.

METRO

Tories. Hughes taking cautious approach in leadership decision

Alberta's municipal affairs minister says he's interested in running for the leadership of the Progressive Conservative party, but that doesn't mean he's ready to commit.

Ken Hughes told reporters in Calgary that he has set up a committee and a website to gauge public support before he dips more than his toe

into the leadership pool.

He says one of the most important things to determine is if he would have enough support from the Tory caucus.

He says he'll probably have his answer in two weeks.

Hughes thinks Albertans would like to move things along and so would favour a shorter race. THE CANADIAN PRESS

13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a



Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions. PAUL GOLOVKIN/THE ASSOCIATED PRESS

statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members

of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague,

G8 on hold

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the G8 until Russia "changes course."

- In a joint statement, the G7 nations say they will meet without Russia.
- The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The timing of the crash — just before 3 a.m. Monday —

helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS



A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station Monday in Chicago. KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

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Malaysian Prime Minister Najib Razak speaks at a press conference for the missing flight, in Kuala Lumpur, Monday.
JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed, Malaysian PM says

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown

Quoted

"According to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

— most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft.

Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented

study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all. **THE ASSOCIATED PRESS**

Despair. Grief takes over hope for weary passengers' family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them

gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

Most of the relatives refused to speak to gathered reporters and some lashed out in anger, "Don't film. I'll beat you to death!" **THE ASSOCIATED PRESS**

Reaching out

- Some relatives were notified of the announcement in person and some over the phone.
- Others received a text message from Malaysia Airlines.

urging journalists not to film the scene. Security guards restrained a man with close-cropped hair as he kicked a TV cameraman and shouted, "Don't film. I'll beat you to death!" **THE ASSOCIATED PRESS**



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Kosovo war. Remains of 46 civilians handed to families

The remains of 46 ethnic Albanian civilians killed by Serb forces during the 1998-99 Kosovo war and hidden for years in mass graves were handed over to their families Monday. A funeral for some of the victims will take place on Wednesday, the 15th anniversary of the killings, in the town of Suva Reka.

The victims were killed in two separate rampages in March 1999 by Serb forces in western Kosovo just days after NATO began a bombing campaign to stop Serbia's onslaught against separatist ethnic Albanians.

Some of the victims were buried by Serb forces at a military air base near Serbia's capital, Belgrade, in an attempt to cover up the killings. Other victims were found in mass graves in Kosovo.

Over 1,000 people still remain missing, most of them ethnic Albanians.

In Suva Reka, Serb police in 1999 rounded up members of the Berisha family, locked them in a restaurant and threw hand grenades at them, killing 49 people. The killings were among the worst during Kosovo's war.

THE ASSOCIATED PRESS

Fox or fiend?

Police hunt flamingos' killer

Police are hunting a killer responsible for the death of 15 flamingos at Frankfurt Zoo, some of which were beheaded as they slept.

German zookeepers found nine of the long-necked, pink Chilean

Flamingos dead in their enclosure on Friday, and another six Saturday.

Zoo director Manfred Niekisch says the killer could have been human, but bite marks indicated a fox might also have attacked the animals, though they may have already been dead when that happened.

THE ASSOCIATED PRESS

Slain Afghan journalist's son out of coma after hotel attack



Abuzar Ahmad, the only surviving child of journalist Sardar Ahmad, who was killed with the rest of his family in an attack on a Kabul hotel, lies in hospital in Kabul, Afghanistan. INSET: Abuzar with his sister Nilofar, who was killed in the attack. TURAJ RAIS/THE ASSOCIATED PRESS

Serena Hotel. Nine people shot at close range included four foreigners and an Afghan businessman

An Afghan toddler shot five times by Taliban militants in an attack at a Kabul hotel that killed his journalist father and the rest of his family has regained consciousness and asked for his mother, relatives said Monday, calling the survival of the nearly two-year-old boy a miracle.

Hundreds of colleagues, dignitaries and loved ones gathered, meanwhile, at a memorial service for Agence France-Presse reporter Sardar Ahmad, his wife and their two other children, slain in Friday's rampage at a restaurant in the Serena hotel.

Nine people in all were shot at close range and killed in the attack, which was particularly shocking because

Persian new year

Ahmad and his wife had taken their three children — Nilofar, 6, Omar, 4, and Abuzar — to the Serena for a buffet dinner to celebrate the Persian new year.

- Four gunmen wearing Afghan tunics hid their pistols and ammunition in the soles of their shoes. Security-video footage shows they were searched twice before entering the restaurant.

the luxury hotel has long been considered one of the safest places in Kabul to stay.

Authorities said the four gunmen, dressed in traditional Afghan tunics and loose trousers, were armed with small pistols that fit in the palms of their hands. Security forces killed them after a three-hour standoff.

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Testimony

Texts suggest girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, ac-

cording to phone messages revealed at the Olympian's murder trial on Monday.

"I'm scared of u sometimes and how u snap at me and of how u will react to me," Reeva Steenkamp texted Pistorius, in a message read out in court by a police captain.

"I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from," she wrote.

THE ASSOCIATED PRESS

Crackdown

Hundreds sentenced to death at Egyptian trial

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the

men, said to be supporters of ousted president Mohamed Morsi, are subject to appeal and would likely be overturned, rights lawyers said. But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's courts have been deeply politicized and that due process is being swept away in the crackdown on the Muslim Brotherhood.

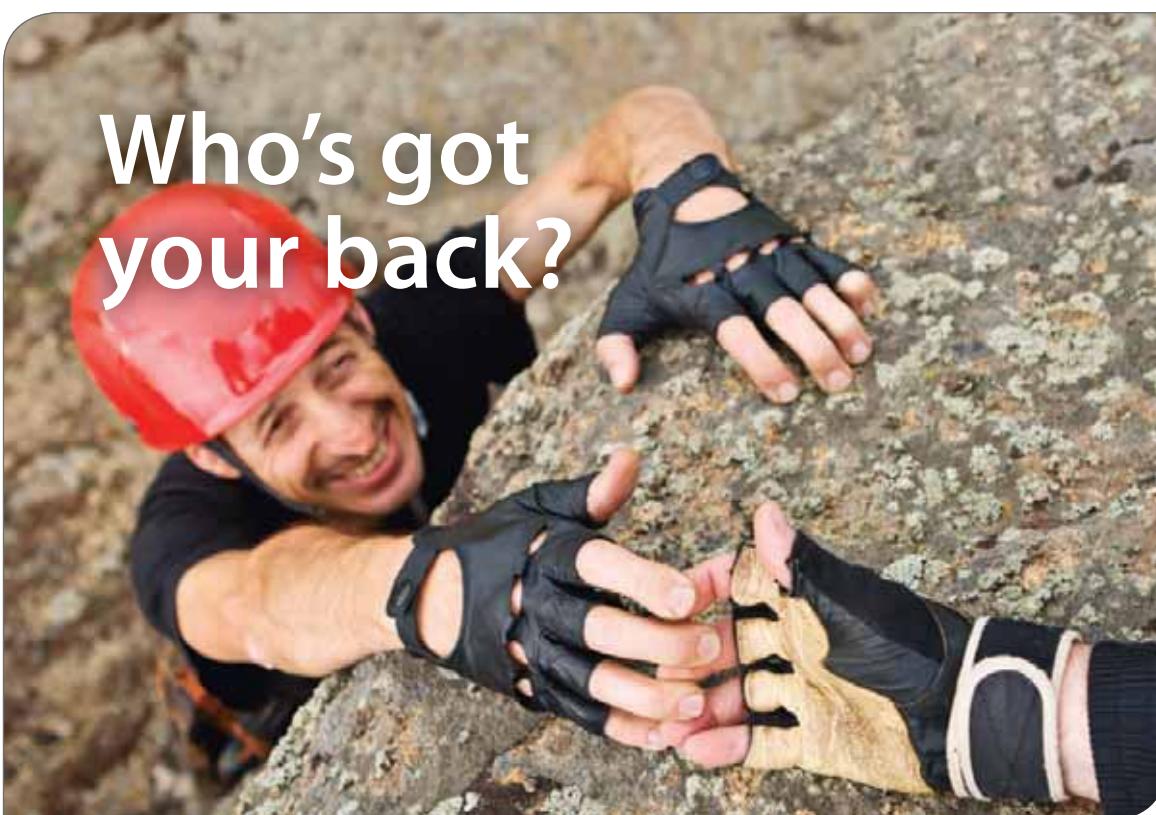
THE ASSOCIATED PRESS

Death toll rises in U.S. mudslide



Volunteers Frank and Rhonda Cook watch as a body they recovered Sunday afternoon is lifted into a helicopter on the east side of Saturday's fatal mudslide near Oso, Wash. GENNA MARTIN/THE HERALD/THE ASSOCIATED PRESS

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The list. Construction workers coming into the area and people just driving by are among the missing

The search for survivors of a deadly Washington state mudslide grew Monday to include more than 100 names of people reported missing or unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six yesterday.

The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people also were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre

stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were occupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River. Washington Gov. Jay Inslee described the scene as a "square mile of total devastation."

THE ASSOCIATED PRESS

THINKING OF BUYING A NEW HOME?

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Tuesday, March 25, 2014

NEWS

11



Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those mums to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out \$62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit



MELISSA DUNNE

melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at \$49.32 US Monday — down from its June high of \$82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open

off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was \$1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Alan Middleton, a market-

a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together,"

ing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking \$16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went

says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were \$25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge \$82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because

A different kind of branding

- Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank.

Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.

- Ambassadors get free clothes, plus free promotion in-store and online. The model has been such a hit that other brands, such as rival Lolë, now have similar programs.

- Lululemon also offers free yoga classes. Held twice a week at their stores, anyone can join.

devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a ":" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

YOU'VE COME TO

10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for - a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.



bmo.com/homebuyersguide

THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?



Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.



3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:



- Set up a Continuous Savings Plan and set aside \$100 every week. That adds up to \$5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to \$25,000 tax-free from their RRSPs¹.
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free² with deposits of \$250 or less.

¹The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca. ²A fee of 8% is applied to the entire transaction for amounts greater than \$250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.



5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.



6 SHOULD I GET PRE-APPROVED?

Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

There's no housing bubble to burst: Conference Board

New report.

Contrary to many reports, the think-tank says our real estate market is not too hot

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible exception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that it could be overbuilt.

"At this point in the housing cycle, there is a risk that Canadian housing prices in some

Outlook

The Conference Board provides an outlook on six major cities, including:

- **Calgary.** Approaching sellers' conditions, noting strong price gains last year.
- **Edmonton.** Balanced, with brisk resale and price growth activity last year.

market segments are due for a modest correction," the report states.

"Nevertheless, we believe that continued population growth, additional employment gains and modest mortgage rate increases will limit potential price declines in 2014 and 2015."

There is a case for more dramatic price adjustment further out if higher mortgage rates start crimping affordability, the Conference Board says, but even then it is likely to be a soft rather than a hard landing.

In recent years, some econo-

mists and international organizations such as the OECD, the IMF, Deutsche Bank and The Economist magazine have described Canada's housing market in stark terms, characterizing it as among the priciest in the world based on historical averages and other metrics.

But the consensus of economists within Canada has tended to be more subdued. Last week, the Canadian Real Estate Association also predicted a slowdown as mortgage rates start edging up later in the year, but it still saw the market overall growing in 2014 and 2015.

The Conference Board says fears of a housing bubble about to burst in Canada are exaggerated.

It says some of the evidence cited by correction hawks, including comparing home prices as a multiple of rental costs, don't take into account historically low mortgage rates that keeps affordability steady. Citing Toronto, it notes that in 2013 mortgage payments consumed less than 20 per cent of average household income, the same as in 1993.

THE CANADIAN PRESS



Vying to be king atop the new porcelain throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGYAL/THE ASSOCIATED PRESS

Market Minute



DOLLAR
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 **TSX**
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 **OIL**
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 **GOLD**
\$1,311.20 (-\$24.80)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS

Accounting for the Rana Plaza collapse

Bangladesh began compiling details Monday about the victims of the 2013 Rana Plaza factory collapse as part of a compensation deal, but dozens of people took to the streets demanding a more complete accounting of the disaster.

The collapse killed more than 1,100 people and highlighted the grim conditions in Bangladesh's garment industry, a major supplier to global fashion brands.

Mojtaba Kazazi, executive commissioner of Rana Plaza Claims Administration, said

injured workers and families of the dead should have compensation payments in six months.

Retailers like Bonmarche, El Corte Ingles, Loblaw and Primark have pledged \$40 million US for the fund.

"Today we have started working, we will continue it for months," Kazazi said. "But the whole process will be complete in six months."

An independent panel formed under the direction of Bangladesh's High Court has recommended that the disabled and the families of

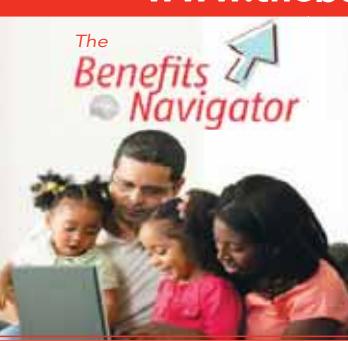
the dead should receive more than \$19,000 US.

The panel also recommended nearly \$9,000 US for workers who lost limbs and about \$1,900 US for workers who suffered psychological trauma.

Nearly a year after the collapse, many victims say the compensation has been too slow and that the list of the dead is still incomplete. Dozens of people protested in the capital, Dhaka, and its outskirts Monday, demanding information about the missing. THE ASSOCIATED PRESS

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NO LONGER WANT TO NUKE

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle.



SHE SAYS
Jessica Napier
metronews.ca

Our eating habits are changing; consumers are increasingly interested in cooking freshly prepared meals rather than nuking frozen dinners — which contain about as much nutritional value as a couch cushion.

Cooking with an actual oven is generally healthier, the food tastes better, and there's none of that electromagnetic radiation to worry about.

I've been on the microwave-free bandwagon since my boyfriend broke ours back in 2010 (he would insist that I was the one who broke it, but since he doesn't have a newspaper column, you're going to have to believe me on this one). Since both of us refused to accept responsibility for the busted appliance and purchase a new one, we've simply learned to live

without it.

I miss my old countertop microwave approximately twice a

month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. METRO

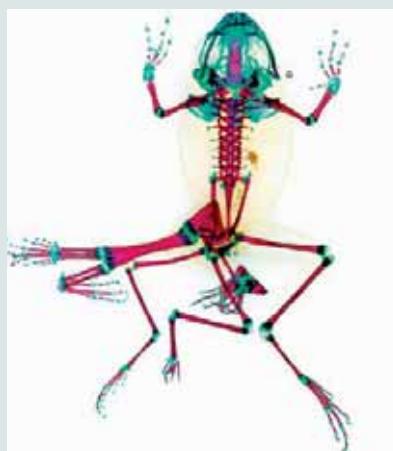
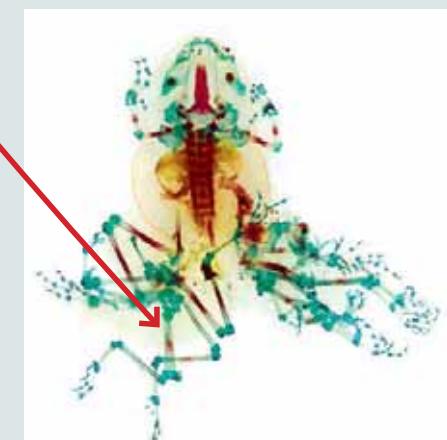
Q & A

Art invokes empathy

BRANDON BALLENGÉE
Artist/biologist,
39, based in New York and Montreal

What kind of deformities do these frogs have?

The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.



What reaction do you hope to get from your images?

In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psycholog-

ically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?

The specimen preparation does allow for a level of abstraction, while at the same

time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait **HANNAH ZITNER**
hannah.zitner@metronews.ca



CONTRIBUTED

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummeled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised \$3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

#manupandmakeup:

A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:

Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.



@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital

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brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.



The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

• • • •

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture The Wolf of Wall Street is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette.

PETER HOWELL



Scarlett's wily Widow, a 'reluctant superhero'

Third time plucky.

Avenger role takes on new depth in latest Captain America



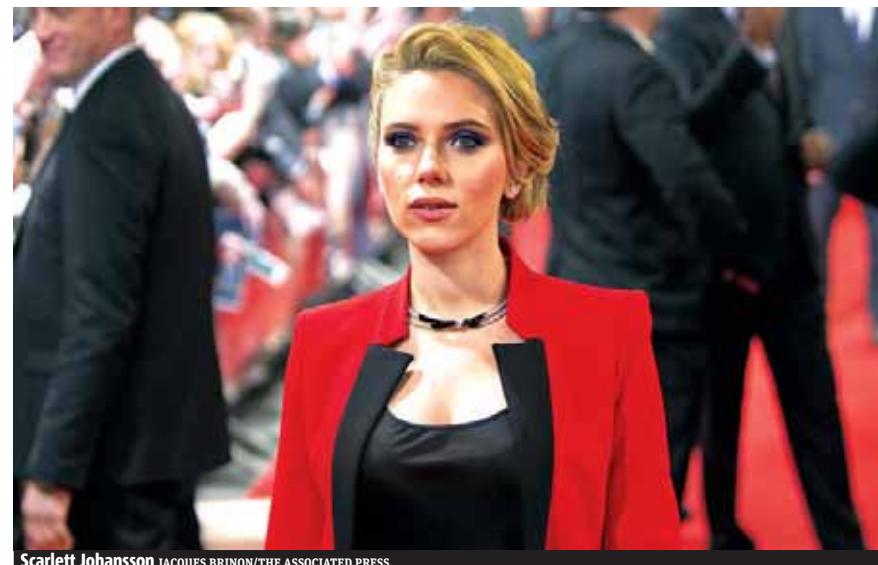
NED EHRBAR

Metro World News in Hollywood

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in Avengers, and we saw a little bit of her backstory — we'll see more of that in Avengers 2. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson



Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Black Widow not as clear cut a good guy as Captain America



"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."

Scarlett Johansson

says, though she does admit those grey areas make the job that much more interesting.

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart.

She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I al-

ways say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."



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Lady Gaga GETTY IMAGES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glorified eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I

am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."



Jennifer Aniston GETTY IMAGES

Aniston's fiancé always there Justin time to bum some skincare products

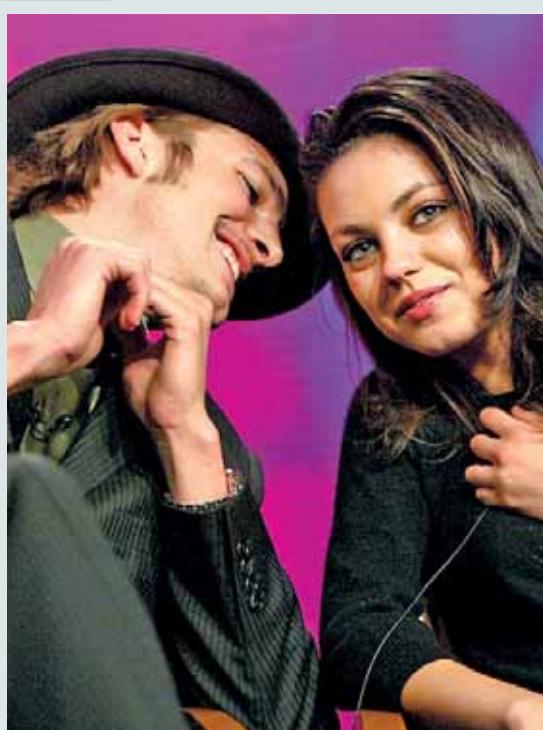
Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical.

What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute." But according to Aniston, Theroux doesn't actually need much help. "He's got gorgeous skin. Perfect skin," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

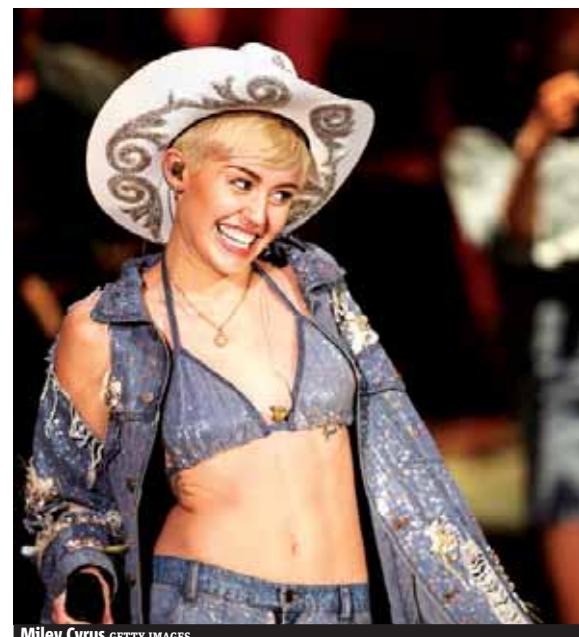
Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher. She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born

to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.



Miley Cyrus GETTY IMAGES

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people



Twitter



@carrieunderwood

Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.



@mindykaling

I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar



@SarahKSilverman

I'm godless in general but then I remember that panda bears exist and I'm like hold the f— up

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An ‘F-You’ you’ll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA SZYDŁO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, “Forgive me forgive you”. For someone who teaches emotional healing for a living, it’s a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. “At the Project, we ask, ‘What would it look like if you were to forgive yourself or another today?’ I have not met a person yet who regrets forgiving.”

Having launched F-You after she was raped, Muldoon says there’s no “one size fits all” method to forgiveness, but there are common steps to follow. “The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself,” she says. “When I’m ready, I ask myself, ‘what was their intention? What were they going through?’ That makes them a person instead of a label like my best friend or my dad. The other person has a story, too.”

In her experiences, Muldoon finds people have a difficult time forgiving because



Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

it is perceived as accepting the other person’s actions. “Forgiveness isn’t to say that person was right but that you’re stronger,” she explains. “I really want to challenge the belief that to forgive is to accept the action.”

A growing body of research is finding health benefits to forgiveness. A study by the

Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants

said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you’re the perpetrator wanting to apologize? “Don’t say sorry unless you’re truly in a place to do it,” Muldoon says. “I don’t think there’s a lot more that’s damaging than apologizing to someone only for it to go backwards.”

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** “This is making sure you do what you need to remove guilt that affects your decisions and actions.”
- **Forgiving another person.** “Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live.”
- **Spiritual-based forgiveness.** “Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don’t accept that. If your apology is genuine, it is enough.”
- **Being forgiven by another person.** “Make sure what you think of yourself doesn’t depend on that person. If they need their time, that’s fine, but you have to work with that and move on.”

We want to value and honour our relationships, so don’t do that same thing you apologized for a second time.”

With Muldoon’s second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she’s working hard to spread F-You’s message.

“Knowing I help to heal people gives purpose to the rape and pain I felt,” says Muldoon. “You’re the one drinking the poison when you’re angry. When you realize that hurt people hurt people, everything changes.”

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NHL

Stars beat Jets, inch closer to final playoff spot

Ray Whitney and Tyler Seguin scored power-play goals and the Dallas Stars held off the Winnipeg Jets 2-1 on Monday night.

The victory allowed Dallas to move within a point of the Phoenix Coyotes for the Western Conference's final playoff spot.

Bryan Little scored for the Jets with 2:44 remaining. **THE ASSOCIATED PRESS**

Tennis

Milos Raonic earns another milestone

Canada's Milos Raonic defeated Spain's Guillermo Garcia-Lopez 6-1, 6-2 on Monday to reach the fourth round of the Sony Open for the first time in his career.

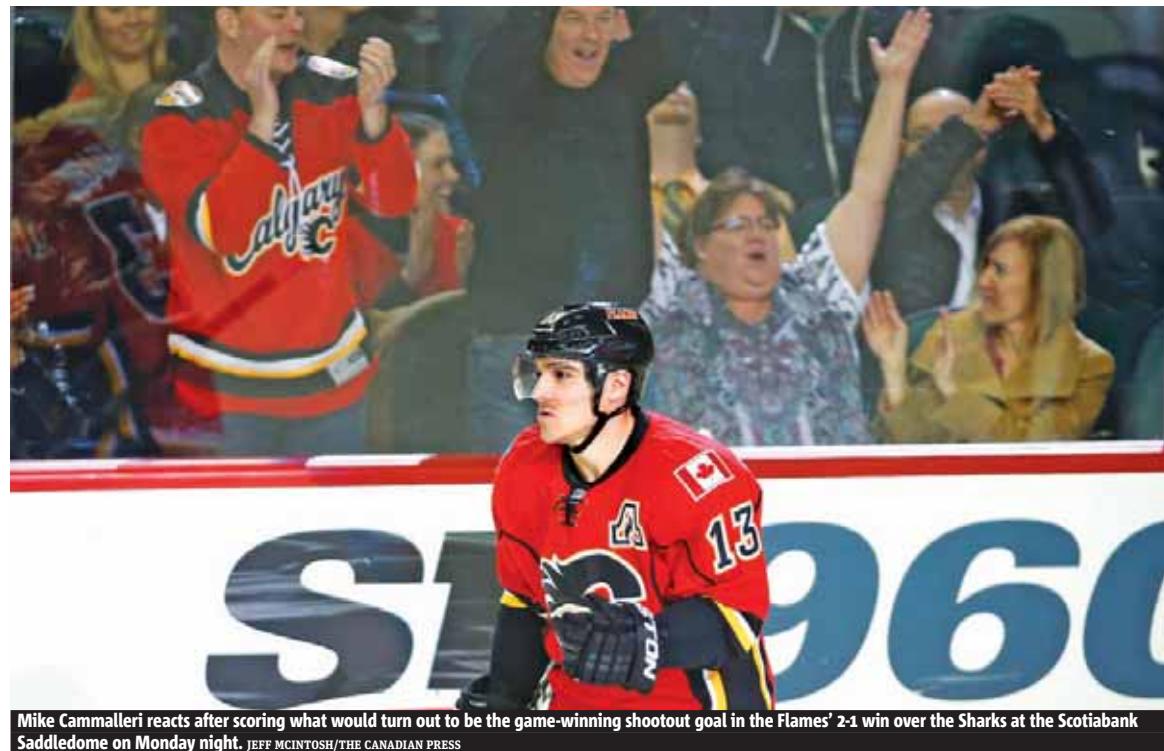
The No. 12 seed needed just 56 minutes to complete the victory. He fired 10 aces and had service breaks on four of eight chances.

THE CANADIAN PRESS

Golf

 "I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta. As of right now, it's still too soon, which is ... pretty frustrating."

Tiger Woods, on his chances of playing in next month's Masters championship.



Mike Cammalleri reacts after scoring what would turn out to be the game-winning shootout goal in the Flames' 2-1 win over the Sharks at the Scotiabank Saddledome on Monday night. **JEFF MCINTOSH/THE CANADIAN PRESS**

Cammy provides shootout whammy

NHL. Cammalleri goal in breakaway competition helps Flames snap Sharks' 4-game winning streak

On Monday



Sharks.

Scoreless after two shots each, Cammalleri moved in from off the right wing and went short side on Alex

Stalock, setting off a roar from the Scotiabank Saddledome crowd announced at 19,289.

It then came down to Karri Ramo, who stopped 33 shots in regulation time, and he completed a perfect 3-for-3 in the shootout by thwarting James Sheppard. That came on the heels of stops against Patrick Marleau and Joe Pavelski.

Ramo improved to 13-10-4.

Joe Colborne scored in regulation for Calgary (30-35-7). The Flames have won 10 of their last 13 on home ice.

It was also Calgary's league-leading 43rd one-goal game. They are two away from the club record of 45 set in 2005-06.

Sheppard scored in regulation for San Jose (46-18-9), which sees its four-game road winning streak come to an end.

San Jose does increase its lead atop the Pacific Division to two points over Anaheim. The Ducks hold two games in hand. With the point, the Sharks also clinch a playoff spot for the 10th consecutive season.

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4
SPORTS

MLB. Phillies hurler continues to impress in win over Blue Jays

David Buchanan kept up his bid for a major-league roster spot, striking out two over two perfect innings Monday in the Philadelphia Phillies' 6-3, rain-shortened win over the Toronto Blue Jays.

The game was called with one out in the top of the eighth.

Buchanan remains in the mix for a bullpen berth.

Jays starter Brandon Morrow gave up four runs, five hits and three walks in five innings. **THE ASSOCIATED PRESS**



Phillies pitcher David Buchanan
KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Reyes to have MRI on hamstring

Blue Jays shortstop Jose Reyes, who left Saturday's game due to left hamstring tightness, will have a precautionary MRI exam.

Manager John Gibbons said he has no concerns about Reyes being ready for opening day.

THE ASSOCIATED PRESS

Women's hockey

Canada crushes Finland 7-0

Eve-Audrey Picard had a three-point game and Shea Tiley made 22 saves as Canada shut out Finland 7-0 on Monday at the under-18 women's world hockey championship.

Picard had a goal and two assists to help Canada improve to 2-0 at the tournament. **THE CANADIAN PRESS**

Lawsuit. Ex-Canucks owner will have to testify in Steve Moore's case

The former owner of the Vancouver Canucks will have to testify live via video conferencing about the infamous on-ice attack from behind that ended the pro career of rookie hockey player Steve Moore a decade ago, an Ontario court decided on Monday.

In his 23-page decision,

Master Ronald Dash ruled John McCaw Jr. has relevant evidence to offer when Moore's lawsuit gets to trial, slated to start in September.

Moore is suing Todd Bertuzzi, who delivered the horrific from-behind blow, and the NHL's Canucks for \$38 million. **THE CANADIAN PRESS**

Strong arms don't always make closers

Results may vary.

Recent baseball history has seen a number of pitchers enjoy success at back of bullpen, but only for a limited time

One-season wonders

From 1969, when the save first became a statistic, until 2003 there was not a single occurrence of a pitcher who had exactly one 30-save season and no other, according to STATS.

- In the last three years, seven pitchers have reached 30 saves for the first time and it remains to be seen whether they will do it again: Sergio Santos (2011), Drew Storen (2011), Jordan Walden (2011), Tyler Clippard (2012), Jason Motte (2012), Jason Grilli (2013) and Edward Mujica (2013).

- Going a little farther back, that list also includes Toronto's Miguel Batista (2005) and Jeremy Accardo (2007).

intense pressure for their teams to produce right from the season's start and every single night.

Hence, the reliever who goes from obscurity to supremacy and back.

"In the case of relievers, if you check the history it's kind of a natural wave of things," Baltimore Orioles pitching coach Dave Wallace says. "A lot of guys have a real good year, or maybe two good years, and then they maybe hit a bump in the road for a year or two. That's what makes Trevor Hoffman, Mariano, those type of guys special because they've done it over a long period of time." **THE ASSOCIATED PRESS**



With the retirement of Mariano Rivera, David Robertson steps into the role of the Yankees' closer. GETTY IMAGES FILE

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Horoscopes

Aries

March 21 - April 20

As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

Taurus

April 21 - May 21

The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

Gemini

May 22 - June 21

Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

Cancer

June 22 - July 23

You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

Leo

July 24 - Aug. 23

You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

Virgo

Aug. 24 - Sept. 23

Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

Scorpio

Oct. 24 - Nov. 22

You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

Sagittarius

Nov. 23 - Dec. 21

The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

Aquarius

Jan. 21 - Feb. 19

With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

Pisces

Feb. 20 - March 20

Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Weather

TODAY

WEDNESDAY

THURSDAY



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MIN: -12°



MAX: -8°
MIN: 11°



MAX: -7°
MIN: -21°



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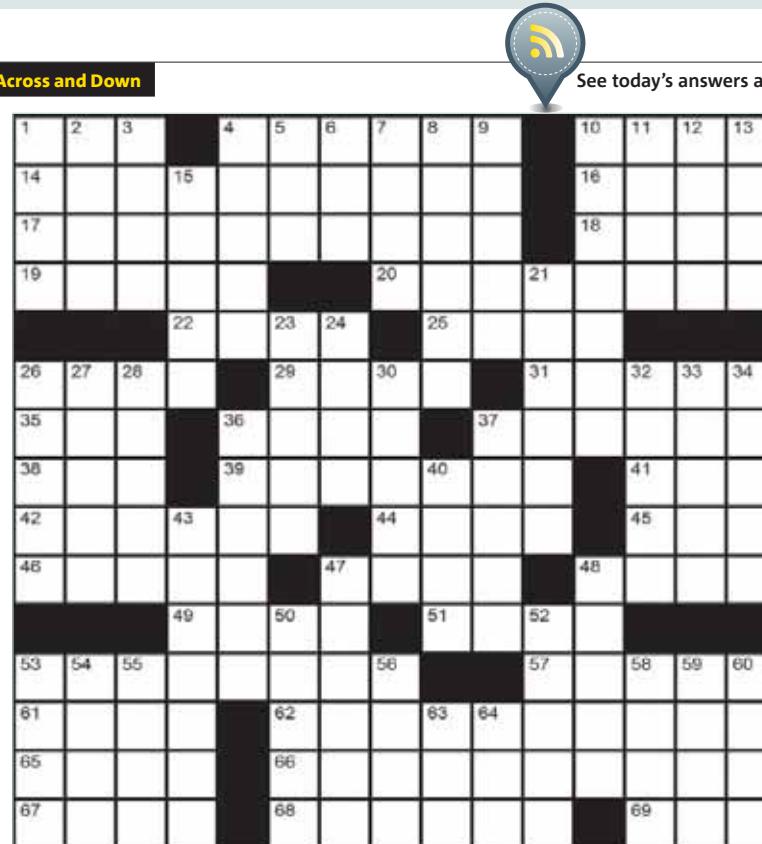
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Crossword: Canada Across and Down



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. " — a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related materially
34. Some beans, variably
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know — matters, but..."
54. Toronto band
55. "—_—Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre —
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

		3	7		5	8
4	2		9	8		7
3					6	9
7	4				1	2
9		5			7	
9		2	4		3	1
6	1	5	9			



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